

Cauliflower “Potato” Salad

Ingredients

- 1 head cauliflower, steamed
- 2-3 strips of cooked bacon, crumbled (optional)
- 3 celery stalks, chopped
- 3 slices red onion, finely chopped
- Sea salt and pepper to taste

Dressing

- 3/4 cup avocado oil mayonnaise
- 3 teaspoons dijon mustard
- 3 teaspoons apple cider vinegar

Instructions:

1. Cut cauliflower into small florets. Steam till soft but not mushy.
2. Make the salad dressing: Mix together the mayonnaise, dijon mustard, and apple cider vinegar until well combined. Add in salt and pepper to taste.
3. In a large bowl, add in the steamed cauliflower, chopped celery stalks, cooked bacon and red onion.
4. Pour salad dressing over salad and mix lightly until combined. Add more salt and pepper to taste.
5. Chill and enjoy!

Mary-Beth says: *“This is keto friendly. And even if you are not following a keto diet, cauliflower is a nutritious choice for this summer favorite.”*